

**Epi Update for Friday, July 6, 2018**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

Items for this week's EPI Update include:

- **Cryptosporidiosis and pools**
- **CDC travel alert - Extensively drug-resistant typhoid fever, Pakistan**
- **In the news: A 95-year-old Maine resident beat a rabid fox to death with a wooden plank**
- **In the news: Measles outbreak threatens isolated Amazonian tribe**
- **Infographic: Eat safe food**
- **Meeting announcements and training opportunities**

**Cryptosporidiosis and pools**

Summer is peak season for cryptosporidiosis resulting from recreational water exposure. "Crypto" is a parasite that causes watery diarrhea, usually 2-10 days following exposure. In addition to other risk factors, crypto can spread in recreational water settings when swimmers ingest water contaminated by another swimmer with diarrhea. Crypto's high tolerance to chlorine enables the parasite to survive for long periods of time in chlorinated water. According to CDC, over half of all outbreaks linked to pools, hot tubs and water playgrounds are caused by crypto.

Tips to help protect yourself and others from crypto include:

- Don't swim or let your kids swim if sick with diarrhea
- Don't swallow water you are swimming in
- Rinse off in the shower before swimming to help remove germs from your body that could contaminate the water
- Take kids on bathroom breaks often, and check diapers in a diaper-changing area - not right next to the pool

For more information, visit

[www.cdc.gov/media/releases/2018/p0517-swimming-related-diseases.html](http://www.cdc.gov/media/releases/2018/p0517-swimming-related-diseases.html).

**CDC travel alert - Extensively drug-resistant typhoid fever, Pakistan**

Health officials are battling an ongoing outbreak of extensively drug-resistant (XDR) *Salmonella* Typhi (typhoid fever) in Pakistan that began in late 2016. Three cases have been reported among travelers this year, including two who returned to the U.S. In response, CDC has issued a travel advisory for travelers to Pakistan.

All travelers to South Asia should get vaccinated against typhoid fever prior to departure. While traveling, travelers should practice safe eating and drinking habits, including hand washing prior to eating and avoiding food prepared by those who are sick. If travelers become ill during or following travel, they should seek medical care and mention their travel to their health care provider.

Health care providers who suspect typhoid fever in a patient who has recently traveled to South Asia should collect stool and blood cultures and request antimicrobial susceptibility testing on isolates. Full treatment guidelines are available from CDC.

For the full CDC travel advisory, visit  
[wwwnc.cdc.gov/travel/notices/alert/xdr-typhoid-fever-pakistan](http://wwwnc.cdc.gov/travel/notices/alert/xdr-typhoid-fever-pakistan).

**In the news: A 95-year-old Maine resident beat a rabid fox to death with a wooden plank**

[www.bostonglobe.com/metro/2018/06/28/year-old-maine-resident-beat-fox-death-with-wooden-plank/rZiBqOTJCekfzfeSpDM9zH/story.html](http://www.bostonglobe.com/metro/2018/06/28/year-old-maine-resident-beat-fox-death-with-wooden-plank/rZiBqOTJCekfzfeSpDM9zH/story.html)

**In the news: Measles outbreak threatens isolated Amazonian tribe**

[www.cnn.com/2018/07/05/health/brazil-amazon-yanomami-tribe-measles-intl/index.html](http://www.cnn.com/2018/07/05/health/brazil-amazon-yanomami-tribe-measles-intl/index.html)

### Infographic: Eat safe food

**Eat Safe Food**

After a flood or power outage, some food may not be safe to eat and must be thrown out.

Read and follow the directions below carefully.

**Throw out perishable food (such as meat, fish, eggs, milk, and leftovers) in your refrigerator when the power has been off for 4 hours or more.**

Thawed frozen food that still contains ice crystals can be refrozen or cooked. If not, throw it away.

Do the following with food and containers that may have had contact with flood or storm water.

**Throw out these foods:**

- Food with unusual odor, color, or texture
- Cans or food containers that are bulging, open, or dented
- Food not in waterproof containers or cans
- Food canned at home
- Food in cardboard containers (including juice, milk, and baby formula)
- Food in containers with screw caps, snap lids, crimped caps, twist caps, flip tops, and snap-tops

**Throw out these things:**

- Wooden cutting boards
- Baby bottle nipples and pacifiers

**Clean and sanitize things that touch food in a four-step process:**

1. Wash with soap and clean water.
2. Rinse with clean water.
3. Sanitize by immersing for 1 minute in a solution of 1 cup (8 ounces or 240 milliliters) of chlorine bleach in 5 gallons of clean water.
4. Allow to air dry.

**When in doubt, throw it out.**

For more information on safe food and water after a natural disaster, please visit:  
[www.cdc.gov/disasters/foodwater/facts.html](http://www.cdc.gov/disasters/foodwater/facts.html)

U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

To view in full size, visit  
[www.cdc.gov/disasters/hurricanes/pdf/flyer-eatsafefood.pdf](http://www.cdc.gov/disasters/hurricanes/pdf/flyer-eatsafefood.pdf)

**Meeting announcements and training opportunities**

None

**Have a healthy and happy week!**

Center for Acute Disease Epidemiology

Iowa Department of Public Health

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